YUKON SUBSTANCE ABUSE

Resource Directory

Yukon Substance Abuse Action Plan

Yukon
Government

YUKON
SUBSTANCE ABUSE
Resource Directory

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This directory provides a wide range of support services available in the Yukon for substance abuse and related issues. It was created by a small Yukon intergovernmental working group as a result of the Yukon Substance Abuse Action Plan, in an effort to improve awareness and access to programs, information and other support.

Yukon Substance Abuse Action Plan
Department of Justice
Box 2703 (J-10)
Whitehorse, Yukon Y1A 2C6

substance.abuse@gov.yk.ca
393-7077, toll free in Yukon 1-800-661-0408, ext. 7077
www.substanceabuse.gov.yk.ca

Research by Erin McMullan, Fresh Horses (Whitehorse, Yukon)
Production by K-L Services (Whitehorse, Yukon)

Unless otherwise indicated, 867 is the area code for all phone numbers in this directory. All phone numbers between Yukon communities must be preceded by 1-867.

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Taking the first steps to get help

It takes courage to get help. You may be struggling with substance abuse issues around alcohol, prescription or street drugs, or smoking. You may be trying to support a friend, family member or client who needs help. If so, you will find a wide range of services in this directory addressing these needs.

Finding the right treatment

If you're struggling with substance abuse...

You'll find services and programs offering caring professional and peer support. There is something for every stage of recovery from detox and assessment, to counselling and self-help groups. To learn more about what you need before talking to someone, there are webtips at the back of this directory. Take a self-assessment online or get other information such as where and when self-help meetings are available in your area.

If you're supporting someone you care about...

You'll find information and services to help a friend or family member, and support for you. There are self-help groups to help you cope with the challenges ahead. If you are trying to find a way to talk to your kids about alcohol, drugs and smoking, prevention and education are available through local schools and organizations, or online through the helpful webtips at the back.

Looking for information and treatment for a client...

You'll find program and service information to help you evaluate what is available for your clients. Training is also available through some organizations to improve your knowledge and skills, and you'll find additional research online through the webtips at the back of this directory.

Get help in your area

Many of the organizations listed offer help in Whitehorse and the communities. Assistance with transportation, financial subsidies and daycare may also be available in some circumstances. Many organizations also offer legal assistance, referrals and court support, as well as employment training and housing to help support the transition to a healthier lifestyle.

How to use this directory

Here is a quick look at a sample entry, with an explanation of the various elements that you might find.

1. **ORGANIZATION NAME**
2. **MAILING ADDRESS, OFFICE LOCATION**
3. **PHONE, FAX, EMAIL, WEB**
4. **HOURS OF OPERATION**
5. **DESCRIPTION OF SERVICES THAT THE ORGANIZATION PROVIDES**
6. **GREY BOXES CONTAIN GENERAL INFORMATION ON SUBSTANCE ABUSE**

Entries for each of these organization are listed alphabetically in the pages following.

At the back of this directory you will also find:

- a summary of encouragement and tips to keep in mind when taking steps to quit
- webtips containing information about alcohol, drugs and smoking

ADULT PROBATION SERVICES

Department of Justice
Yukon Government
Box 2703 (J-5)
Whitehorse, Yukon Y1A 2C6
Wheelchair accessible

Contact

667-5231, toll free in Yukon 1-800-661-0408, ext. 5231
667-3446 (fax)
adultprobation@gov.yk.ca
www.justice.gov.yk.ca/prog/cor/prb/

Hours

8 a.m. to 4:30 p.m., Monday to Friday

Whitehorse office
serves the greater Whitehorse area, as well as Carcross, Carmacks, Faro, Ross River, Pelly Crossing, Mayo, Old Crow, Haines Junction, the Alaska Highway north to Beaver Creek and Teslin.
301 Jarvis Street, first floor
Whitehorse

Watson Lake office
serves the area surrounding Watson Lake.
820C Adela Trail
536-7565

Dawson City office
serves Dawson City, Elsa, Keno and the surrounding area.
First Nation
Administration Building
Front Street
993-5669

SERVICES PROVIDED

Probation officers assist the courts by providing assessments of people facing sentencing and consideration for release on bail.

Probation officers throughout the territory provide counselling and supervision for offenders in the community. They also provide referrals to various rehabilitative and treatment programs including:

- anger management
- family counselling
- substance abuse treatment.

Substance abuse counsellors are available.

Programming focusing on substance abuse issues may vary. The White Bison program is currently being offered. This 12-step program is based on the Teachings of the Medicine Wheel.

Probation officers can provide general information to the public about the criminal justice system and its programs.

ALCOHOL AND DRUG SERVICES

Health and Social Services
Yukon Government

Detoxification Services, Treatment Services, Program Management
Sarah Steele Building (H-7)
6118 Sixth Avenue, Whitehorse

Prevention Services
101-204 Black Street (H-3)
Whitehorse, Yukon Y1A 2M9

Contact

Detoxification Services, Treatment Services, Program Management
667-5777, toll free in Yukon 1-800-661-0408, ext. 5777
667-8471 (fax)

Prevention Services
667-8318, toll free in Yukon 1-800-661-0408, ext. 8318
393-6926 (fax)

Hours

8 a.m. to 4:30 p.m., Monday to Friday

Not sure if you have a drinking or drug problem?

Talk to a counsellor to find the right help for you, or use one of the online self-assessment tools included with the webtips listed at the back of this directory.

SERVICES PROVIDED

Alcohol and Drug Services offers Prevention, Detox and Treatment services to individuals, families and groups on issues related to substance abuse. Community development and aftercare consultation services are also provided to Yukon communities. Services are available to all Yukon residents.

Detoxification Services

This is a non-medical unit where people can safely withdraw from alcohol and/or drugs. It is open 24 hours per day, 365 days per year. It offers drop-in support and referral.

Specific beds are reserved for women. Detox offers supportive counselling, drop-in and phone-in services. The length of stay varies depending on withdrawal severity, health status and treatment plans. All services are at no cost. Necessary personal hygiene items are provided. All admissions are voluntary.

Treatment Services

Outpatient/Counselling Services

Alcohol and Drug Services offers:

- brief screening and assessment of alcohol and drug problems
- individual counselling
- support to families

CONTINUES ON NEXT PAGE

- services to clients with concurrent disorders
- aftercare support following inpatient treatment services
- referral to ongoing treatment
- self-help groups
- other support services.

Outpatient/Counselling Services also offers recovery support groups. Outreach counselling is also available for Whitehorse agencies.

Inpatient treatment services
Alcohol and Drug Services offers nine, 28-day inpatient (residential) gender-specific adult programs per year.

Youth treatment
Alcohol and Drug Services offers counselling services to all Whitehorse secondary schools as well as Whitehorse-based youth groups.

Counsellors will work with youth and their families to provide support and treatment services. Referrals may be made for families of youth to outpatient or inpatient treatment while at the same time providing assessment and treatment to youth.

Prevention Services
Education and prevention services include:

- information for the public
- workshops, training and presentations in the school
- public awareness campaigns
- an addiction-related library for service providers.

Community Outreach
Alcohol and Drug Services provides outreach services, such as assistance with program development, aftercare programs and community development, to Yukon communities.

Confidentiality
All services are confidential.

Is your family having problems?

Alcohol and drug may harm the entire family. For more information on this issue, contact Alcohol and Drug Services.

ALCOHOLICS ANONYMOUS, ALANON, ALATEEN
(AA)

BC/Yukon Area 79
PO Box 11330
Collingwood RPO
Vancouver, British Columbia
V5R 0A4

Alanon, Alateen
Vancouver Central Services Office
101-3680 East Hastings Street
Vancouver, British Columbia
V5K 2A9

Contact

AA Yukon hotline: 668-5878
AA BC hotline: 604-435-218
http://bcyukonaa.org/meeting/meeting.html
Whitehorse AA meetings are held daily at different locations. Call 668-5878 for a meeting schedule; collect calls are accepted

Alanon, Alateen
http://www.bcyukon-al-anon.org/

Concerned about your teen's drinking?

These free supports are available in the Yukon:

- *a self-help group to support you and your teen, when they're ready*
- *a youth drop-in centre with a safe and nurturing environment*
- *education programs that help students confront the impacts of drinking and deal more effectively with peer pressure*

SERVICES PROVIDED

Alcoholics Anonymous

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. There are no fees.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution and does not wish to engage in any controversy. AA neither endorses nor opposes any causes.

Community meetings: Find a meeting in your area using the locator on the AA website for BC/Yukon Area 79. Choose from more than 700 meetings. To find the one best suited to you, you can also add search terms such as open or closed meetings (OM, CM) or no smoking as directed on the site.

Alanon and Alateen

Alanon and Alateen can help if your life has been affected by someone else's drinking, or you are a professional working in the field of alcoholism. The Al-Anon family groups include friends and relatives of alcoholics sharing their experience and providing support. Alateen includes young Al-Anon members, whose lives have been affected by someone else's drinking.

CONTINUES ON NEXT PAGE

ALCOHOLICS ANONYMOUS

BEAVER CREEK
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

BURWASH LANDING
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

CARCROSS
Isabelle Pringle Library, Wednesdays 7:30 p.m.
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

CARMACKS
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

DAWSON CITY
St.Paul's Richard Martin Chapel (kitchen) on Church Street, Thursdays 8 p.m.
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.
North Star Group, Community Support Centre beside CIBC, Saturdays 8 p.m.
Community Support Centre: 2nd floor (use outside stairs, 1233 2nd Avenue), Saturdays 8 p.m.

DESTRUCTION BAY
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

FARO
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.
Church of the Apostles (downstairs), Fridays 7:30 p.m.

HAINES JUNCTION
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

MAYO
RRC Chamber, Wednesdays 7 p.m.
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

OLD CROW
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

ROSS RIVER
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

TESLIN
Telehealth meeting, Nursing Station, Fridays 1:30 p.m.

WATSON LAKE
St. Anne Catholic Church, Wednesdays 8 p.m.
Telehealth Meeting, Nursing Station, Fridays 1:30 p.m.

WHITEHORSE

Monday
12 p.m., Rainbow Group (OM), Maryhouse, 504 Cook Street
8 p.m., New Beginnings Group (OM), Maryhouse, 504 Cook Street

Tuesday
12 p.m., Rainbow Group (OM), Maryhouse, 504 Cook Street
7 p.m., Whitehorse Correctional Centre, (OM) women only, 24-hour advance clearance needed
8 p.m., Ugly Ducklings Group (CM), Maryhouse, 504 Cook Street

Wednesday
12 p.m., Rainbow Group (OM), Maryhouse, 504 Cook Street
7 p.m., Whitehorse Correctional Centre, (OM) men only, 24-hour advance clearance needed
8 p.m., No Puffin Big Book Study (CM), Maryhouse, 504 Cook Street
8 p.m., Porter Creek Step Meeting (CM), Our Lady of Victory, 1607 Birch Street, Porter Creek

Thursday
12 p.m., Rainbow Group (OM), Grapevine Study Meeting, Maryhouse, 504 Cook Street
7:30 p.m., Polar Group (OM), Our Lady of Victory, 1607 Birch Street, Porter Creek (speaker last Thursday of month)

Friday
12 p.m., Rainbow Group (OM), Big Book Study Meeting, Maryhouse, 504 Cook Street
1:30 p.m., #4 Hospital Road (Resource Room), Telehealth meeting throughout Yukon communities
9 p.m., Whitehorse Group (CM), Maryhouse, 504 Cook Street

Saturday
1 p.m., Detox Meeting (OM), Sarah Steele Building, 6118 6th Avenue, left side door
7 p.m., Hospital Meeting (OM) Boardroom, Whitehorse General Hospital

Sunday
1 p.m., Detox Meeting (OM) Sarah Steele Building, 6118 6th Avenue, left side door
7 p.m., Hospital Meeting (OM) Boardroom, Whitehorse General Hospital

ASSOCIATION FRANCO-YUKONNAISE

302 Strickland Street
Whitehorse, Yukon Y1A 2K1

Contact

668-2663
francosante@yknet.ca
www.afy.yk.ca

SERVICES PROVIDED

We have a resource centre with information on substance abuse including drug and alcohol abuse. Information on substance abuse is also available online at www.francosante.org/virtuelles.php.

Information is available in French only.

Training for bilingual professionals may be available.

BLOOD TIES FOUR DIRECTIONS CENTRE

307 Strickland Street
Whitehorse, Yukon Y1A 2J9

Contact

633-2437, toll free in Yukon 1-877-333-2437
633-2447 (fax)
bloodties@klondiker.com
www.bloodties.ca

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday
Drop-in clinic between 1 p.m. and 3 p.m., Wednesday

Worried about side effects or other health changes when taking prescription drugs?

Talk to your doctor, nurse or clinic staff about reducing your dose or your need for painkillers or other prescription medications. Find out if natural alternatives such as yoga or changes to your diet may also help how you feel.

SERVICES PROVIDED

Blood Ties Four Directions Centre offers the following services to its clients:

- a drop-in centre and support groups for those impacted by HIV/AIDS and Hepatitis C
- on-site support and referrals to trained counsellors, testing sites and community resources
- education and prevention workshops for groups and organizations in Whitehorse and major communities in the Yukon
- Yukon outreach programs for HIV/AIDS and Hepatitis C prevention and education
- a resource library with books, pamphlets, videos and reports on Hepatitis C and HIV/AIDS
- education and training in HIV/AIDS and Hepatitis C available for professional support workers
- free condoms
- clean needles and other harm reduction supplies.

Whitehorse Drop-In and Street Clinic

Services provided include infectious disease testing, limited immunizations, health information, referrals and pregnancy testing.

Confidentiality

All services are confidential.

BOYS & GIRLS CLUB OF WHITEHORSE

6209 Sixth Avenue
Whitehorse, Yukon Y1A 4M5

Contact

393-2824; 667-2108 (fax)
bgcw_ed@northwestel.net

Hours

3 p.m. to 9:30 p.m., Tuesday to Saturday

SERVICES PROVIDED

Boys & Girls Club runs a drop-in youth centre in downtown Whitehorse, providing a positive, healthy and safe space for youth to hang out. Drop-in centre programs are targeted at youth ages 12 to 18.

The club offers an indoor skateboard park, skate competitions, BMX nights, resume and employment search assistance, computers, internet, arts and crafts, games, local youth-driven events, summer adventure camps, leadership training, teen swim nights, Canada Games Centre nights and outdoor recreation.

We also offer some programs in partnership with the City of Whitehorse, aimed at youth ages eight to 11:

- swim nights
- Chillax'n Lounge at the Canada Games Centre
- skateboard programming
- Torch Club.

The Boys & Girls Club promotes alcohol- and drug-free spaces where youth can gather. Its motto is "A Good Place To Be." Its mission is to provide a safe, supportive place where youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

Referrals

Referrals to counselling and other support services are available upon request.

Want to celebrate with your family and friends?

Choose from a variety of activities:

- *Youth activities offered regularly by organizations like the Boys & Girls Club of Whitehorse*
- *Special events for all ages at Skookum Jim's Friendship Centre (see p. 55)*
- *New Year's Eve festivities with Family First Night. Check with your local recreation facility.*

BRINGING YOUTH TOWARDS EQUALITY SOCIETY
(B.Y.T.E.)

2-407 Ogilvie Street
Whitehorse, Yukon Y1A 2S5

Contact

667-7975; 393-6341 (fax)
bytenow@yukonyouth.com
www.yukonyouth.com

Are your friends pressuring you to try drugs and alcohol?

Find positive activities to get involved in.

SERVICES PROVIDED

Bringing Youth Towards Equality (B.Y.T.E.) is mandated to unite Yukon youth to strengthen their voice, take action and bring about positive change for the wellbeing of everyone. B.Y.T.E. began in 1998 when a group of young people decided they wanted a forum to get together, share ideas and take action.

It is through this inception that B.Y.T.E. has created the On-Call Facilitation Team. This team of youth was trained by professionals to engage other youth in a variety of ways, ensuring fun, experiential and interactive methods. The team has been taught how to create powerful and vibrant programs and has learned to bridge cultural and generational gaps. It is currently trained in giving workshops on substance abuse, youth rights, leadership, anti-oppression, climate change, racism, violence prevention, social networking for social change, photography, yoga, meditation, dance, and 'zine making. Our team also has the ability to design and tailor other topic areas as requested. The On-call Team has been trained to provide workshops and facilitations aimed at helping rural youth make and maintain healthy lifestyle choices.

B.Y.T.E. also keeps an updated Online Community Calendar for events around the territory. B.Y.T.E. lends out from an issue-based library, gives away free clothing, distributes the Toxic Blend 'zine, offers a free computer for the public, celebrates Youth Week and Canada Day annually, and puts on an annual Yukon youth gathering. B.Y.T.E. has improved its office space to lessen its impact on the earth. B.Y.T.E. also connects young people with opportunities ranging from employment and international exchanges, to attendance at national youth conferences and being represented and heard in community forums.

CANADA PRENATAL NUTRITION PROGRAM
(CPNP)

Contact

667-8336
See community listings below

SERVICES PROVIDED

Don't have a car? Need a ride?

Transportation and daycare may be available through some organizations to help you attend treatment or meetings.

The Canada Prenatal Nutrition Program (CPNP) funds community-based projects for prenatal and post-natal, at-risk women with children up to one year of age. This program improves access to services in an effort to reduce the incidence of unhealthy birth weights, improve the health of both infant and mother, and encourage breastfeeding.

As a comprehensive program, the services provided include food supplements, nutritional counselling, support, education, referral, and counselling on health and lifestyle issues.

HEALTHY MOMS, HEALTHY BABIES

Teen Parent Centre
Box 32077
Whitehorse, Yukon Y1A 5P9
Location: 1001B Lewes Boulevard
(beside F.H. Collins Secondary School)
667-3421
Christine.nemeth@gov.yk.ca

Skookum Jim Friendship Centre
3159 Third Avenue
Whitehorse, Yukon Y1A 1G1
633-7682; 668-4460 (fax)
sjfcprenatal@northwestel.net

Victoria Faulkner Women's Centre
503 Hanson Street
Whitehorse, Yukon Y1A 1Y9
667-4134; 667-7004 (fax)
cpnpwhitehorse@northwestel.net

Dawson Shelter Society
Box 784 (313 Dugas Street)
Dawson City, Yukon Y0B 1G0
993-5149
cpnpdawson@northwestel.net

Liard Basin Task Force
Bag 3500
Watson Lake, Yukon Y0A 1C0
536-7105; 536-7205 (fax)
lbtf@northwestel.net

Mamans, papas et bébés en santé
Les Essentielles
Programme canadien de nutrition prénatale
302, rue Strickland
Whitehorse (Yukon) Y1A 2K1
668-2663, poste 810
enfant@yknet.ca
www.lesessentielles.org

CARCROSS TAGISH FIRST NATION

Box 130
Carcross, Yukon Y0B 1B0
Wheelchair access to main floor

Contact

821-3205, NNADAP worker/wellness coordinator
821-8207 (fax; mark "Attention: NNADAP worker")

Health and Social Programs
821-8211 (director), 821-4810 (assistant)
821-4802 (fax)
eileen.wally@ctfn.ca

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday;
special appointments after hours

SERVICES PROVIDED

The National Native Alcohol and Drug Abuse Program (NNADAP) staff provide counselling with mental health support as well as referrals and transportation to Whitehorse for treatment appointments.

The staff also provide information on substance abuse and referrals to other departments. Clients can come to the office or the staff will do home visits.

Having trouble getting to treatment and appointments?

Ask about home visits and travel assistance to make your appointments.

CHAMPAGNE AND AISHIHIK FIRST NATIONS

Social Development Department

Dan Ku Wan Naji
Helping People Help Themselves
Box 3510
Haines Junction, Yukon
Y0B 1L0

Location in Whitehorse
100-304 Jarvis Street
Whitehorse, Yukon Y1A 2H2
Wheelchair accessible

Contact

Haines Junction: 634-4221; 634-3832 (fax)
dmoose@cafn.ca
www.cafn.ca
Whitehorse: 667-4010; 667-6202 (fax)
cafn@cafn.ca

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday
(closed for lunch, noon to 1 p.m.)

SERVICES PROVIDED

The Champagne and Aishihik First Nation (CAFN) Social Development Department provides services to its members residing in Haines Junction, Canyon Creek, Champagne, Takhini and Whitehorse.

These services are in the areas of:

- substance abuse issues and addiction awareness
- employment and income assistance
- community wellness (treatment referrals, counselling, court assistance and support)
- youth recreation
- daycare
- elders' benefits and activities
- home and community care
- prenatal and post-natal nutrition programs
- health workshops such as diabetes education, chronic conditions self-management, and stopping smoking.

Not all services are available in all CAFN communities. Please call the Haines Junction office to check for availability.

CHILD DEVELOPMENT CENTRE
(CDC)

Box 2703
Whitehorse, Yukon Y1A 2C6

Location
1000 Lewes Boulevard
Whitehorse

Wheelchair accessible to ground floor

Contact

456-8182, toll free in Yukon and
northern British Columbia 1-866-835-8386
393-6374 (fax)

Child Development Centre sub-offices

Box 455
Dawson City, Yukon
Y0B 1G0
993-5717; 993-6832 (fax)

Box 784
Watson Lake, Yukon
Y0A 1C0
536-7151

Kwanlin Dün
c/o Dusk'a Learning Centre
47 McIntyre Drive
Whitehorse, Yukon
Y1A 5A5
633-7820; 633-7817 (fax)

SERVICES PROVIDED

The Child Development Centre (CDC) provides early intervention and support for children from birth to school age so they can develop to their full potential. CDC believes that the best services include the involvement of the child, family and professional working together.

Programs currently offered include infant development; a therapeutic pre-school program; speech and language groups; and community-based services including home visits and support to childcare programs. Clinical teams travel to all Yukon communities. Program assistants are hired to work with individual children in most Yukon communities.

Services are available in the child's home, at the childcare facility, and at the Child Development Centre. They are provided by developmental therapists, teachers, speech language pathologists, occupational therapists, physiotherapists, psychologists and other support personnel.

Referrals

Referrals may come from families, physicians, public health nurses or other professionals. Families must be aware of the referral. Referrals for assessments can also be made to Fetal Alcohol Spectrum Disorders (FASD) diagnostic and support teams.

Fees were eliminated in March 2008, except for children enrolled as peer models in the preschool program.

Confidentiality

Confidentiality is ensured.

CHILDREN'S ASSESSMENT AND TREATMENT SERVICES

Health and Social Services
Yukon Government
Box 2703 (H-211)
Whitehorse, Yukon Y1A 2C6

Location
Suite 202, 211 Hawkins Street
Whitehorse Y1A 1X3

Child Abuse Treatment Services
415 Baxter Street (H-10A)
Whitehorse Y1A 2T6
Wheelchair accessible

Contact

667-5184, toll free in Yukon 1-800-661-0408, ext. 5184
667-5256 (manager); 393-6410 (fax)

Child Abuse Treatment Services
667-8227, toll free in Yukon 1-800-661-0408, ext. 8227
667-8239 (fax)

Hours

8:30 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

Residential Youth Treatment Services (RYTS)

RYTS provides both short-term care for children at the Children's Receiving Home and long-term, group home care.

Children's Receiving Home

The Children's Receiving Home provides short-term placements for children, 12 to 18 years old, in need of a place of safety. It also provides supervised visits for families, stabilization and short-term care. Referrals are from Family and Children's Services.

Group homes

Children in care of the director may be referred to the RYTS program by Family and Children's Services through the Placement Review Committee. RYTS operates four homes, which provide programming for behaviourally difficult youth between 10 and 18 years of age and their families.

Child Abuse Treatment Services (CATS)

CATS provides professional training workshops, as well as consultation and education, for people working with children. This Yukon-wide service is also offered to members of the community and service organizations.

CONTINUES ON NEXT PAGE

Individual, family and group counselling are available for children who have been physically, sexually or emotionally abused, and children who have witnessed family violence.

The unit is staffed by one supervisor, a full-time intake worker and five full-time counsellors.

Confidentiality

Confidentiality is a priority, but instances of unreported abuse will be disclosed to Family and Children's Services for follow-up investigation.

Need additional training to work more effectively with children?

Workshops and professional consultation are offered by such organizations as the Children's Assessment and Treatment Services and Alcohol and Drug Services.

COMMUNITY CONFERENCING PROGRAM

Youth Justice
Family and Children's Services
Health and Social Services
Yukon Government
Box 2703 (H-9a)
Whitehorse, Yukon Y1A 2C6

Location
305 Lambert Street
Whitehorse

Contact

456-6739 (Whitehorse)
634-6739 (Haines Junction)
332-7602 (cell)
valarie.binder@gov.yk.ca

SERVICES PROVIDED

This program provides restorative conferencing services to young persons under the *Youth Criminal Justice Act* (YCJA). It is a specific process emphasizing responsibility and accountability by the young person, recognition of the harm caused to the victim, and encouraging community involvement in repairing the harm.

Restorative Community Conferences Program is an opportunity for youth who have been charged with an offence or directed under the act to meet with those impacted by their behaviour in a facilitated process. Here, they address what is the nature of the harm done, take responsibility and repair it.

Program standards

Conferences conducted under the act adhere to the Yukon Guidelines for the Convening and Conducting of Conferences under YCJA.

Conferences are led by facilitators trained in the standards set out under the guidelines.

Educational

The program provides training in restorative justice, principles, practices and implementation, as well as conference facilitator training.

COMMUNITY HEALTH FACILITIES

Community Nursing
Health and Social Services
Yukon Government
Box 2703 (2 HospRd)
Whitehorse, Yukon Y1A 2C6

Location
2 Hospital Road
Whitehorse Y1A 3H8

All facilities are wheelchair accessible

Contact

667-8324 (administration)
667-8338 (fax)
See community list on next page for community contacts

Hours

Whitehorse Health Centre
8 a.m. to 5 p.m., Monday to Friday
10 a.m. to 11:30 a.m., Saturday, children's immunization clinic

Community offices
Hours vary; call your local facility for information

SERVICES PROVIDED

Community Nursing is the corporate office for, and provides a wide variety of programs and services to, the community health centres.

Details of community-specific programs can be obtained by contacting the primary health care nurse in charge of your local health centre during regular business hours.

Whitehorse Health Centre

The Whitehorse Health Centre offers a wide range of public health services including prenatal and post-natal care, mother and child programs, parenting groups, complete immunization needs including foreign travel immunizations, and programs for seniors.

The centre provides immediate support to individuals or families in crisis and will arrange referral to the victim's doctor, Whitehorse General Hospital, the RCMP, Kaushee's Place, Family and Children's Services or other appropriate community agencies.

Confidentiality is a priority, however, social workers, childcare workers, teachers, physicians and nurses are required to report danger to children.

CONTINUES ON NEXT PAGE

Rural health facilities

Staff at rural health centres include one or more community nurse practitioners as well as clerical and housekeeping support. Community nurse practitioners conduct daily clinics for the treatment of acute and chronic medical conditions, provide 24-hour emergency services and deliver community health programs.

Watson Lake Hospital

The hospital, a 12-bed acute care facility, provides emergency medical treatment, acute care admission and respite care admission. There are resident physicians in Watson Lake.

COMMUNITY HEALTH FACILITIES

Beaver Creek Health Centre
Beaver Creek, Yukon Y0B 1A0
862-4444; 862-7909 (fax)

Carcross Health Centre
Box 27
Carcross, Yukon Y0B 1B0
821-4444; 821-3909 (fax)

Carmacks Health Centre
Box 230
Carmacks, Yukon Y0B 1C0
863-4444; 863-6612 (fax)

Dawson City Health Centre
Box 10
Dawson City, Yukon Y0B 1G0
993-4444; 993-5811 (fax)

Destruction Bay Health Centre
Destruction Bay, Yukon
Y0B 1H0
841-4444; 841-5274 (fax)

Faro Health Centre
Box 99
Faro, Yukon Y0B 1K0
994-4444; 994-3457 (fax)

Haines Junction Health Centre
Box 5369
Haines Junction, Yukon
Y0B 1H0
634-4444; 634-2733 (fax)

Kwanlin Dün Health Centre
35 McIntyre Drive
Whitehorse, Yukon Y1A 5A5
633-7800; 668-5057 (fax)
(see also p. 38 for more details)

Mayo Health Centre
Box 98
Mayo, Yukon Y0B 1M0
996-4444; 996-2018 (fax)

Old Crow Health Centre
Box 92
Old Crow, Yukon Y0B 1N0
966-4444; 966-3614 (fax)

Pelly Crossing Health Centre
Box 20
Pelly Crossing, Yukon Y0B 1P0
537-4444; 537-3611 (fax)

Ross River Health Centre
Ross River, Yukon Y0B 1S0
969-4444; 969-2014 (fax)

Teslin Health Centre
Box 48
Teslin, Yukon Y0A 1B0
390-4444; 390-2217 (fax)

Watson Lake Hospital
Box 500
Watson Lake, Yukon Y0A 1C0
536-4444; 536-7302 (fax)

Whitehorse Health Centre
9010 Quartz Road
Whitehorse, Yukon Y1A 2Z5
667-8864; 393-6407 (fax)

COUNCIL OF YUKON FIRST NATIONS

Justice Programs, Aboriginal Courtworkers

Tutshi Building
Suite 201
2131 Second Avenue (J3-A)
Whitehorse, Yukon Y1A 1C3

Contact

667-3781; 667-8097 (fax)

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday

COMMUNITIES SERVED

Beaver Creek, Burwash Landing, Carcross, Carmacks, Dawson City, Haines Junction, Mayo, Old Crow, Pelly Crossing, Ross River, Teslin, Watson Lake, Whitehorse

SERVICES PROVIDED

Aboriginal courtworkers

Aboriginal courtworkers provide legal information (not advice) to First Nations people who have been accused of, or charged with, offences. This includes information about how to apply for legal aid and how to get a lawyer.

Courtworkers explain court procedures and the roles of the people involved, and make sure their clients know what is required of them in court. For some offences, courtworkers can speak in court on behalf of their clients.

This service is available to adult First Nations members. Clients can contact a courtworker by phone, by visiting the office, or at court. In collaboration with other community workers, courtworkers will identify counselling and other services for their clients.

Resolution health support worker

Resolution health support workers identify claimants of Indian residential schools. They also support and explain the Alternative Dispute Resolution (ADR) process to claimants, and provide culturally appropriate emotional support services during all phases of the resolution process. This service can be accessed at any stage of the ADR or litigation process. (See also program under Health Canada, page 30.)

Confidentiality

Services are confidential.

DAWSON CITY WOMEN'S SHELTER

Box 784
Dawson City, Yukon Y0B 1G0

Location
313 Dugas Street
Dawson City

Contact

993-5086 (24-hour crisis line open to everyone)
993-6235 (fax)
shelterdirector@northwestel.net

Hours

24 hours a day, 7 days a week
Childcare program, 9:30 a.m. to 12:30 p.m., Tuesday and Wednesday

SERVICES PROVIDED

This shelter, with a play area for children, is within easy walking distance of anywhere in the community.

The women's shelter offers:

- shelter, safety, support and information to women in crisis and their children
- support for survivors of domestic violence and sexual assault
- advocacy and outreach services
- a resource library of books and videos on a variety of issues of interest to women
- Kids Time, a weekly childcare program
- a follow-up and support program.

Referrals

Referrals can be made to other agencies in Dawson and Whitehorse.

Need shelter now?

In Whitehorse, *overnight shelter is available at the Salvation Army for men and women (see p. 53). Crisis and second-stage housing for women and children is available at Kaushee's Place (see p. 35).*

In the communities, *overnight shelter for women is available at Dawson City Women's Shelter or Magedi House in Ross River (see p. 43).*

EDUCATION PROGRAMS AND RESOURCES

Department of Education
Yukon Government
Box 2703 (E-1)
Whitehorse, Yukon Y1A 2C6

Location
Education Building
1000 Lewes Boulevard
Whitehorse

Contact

667-5141, toll free in Yukon 1-800-661-0408, local 5141
393-6254 (fax)
contact.education@gov.yk.ca
www.education.gov.yk.ca

SERVICES PROVIDED

The success of the following programs is strengthened by the interaction of students, parents and teachers, as well as community supports. Not all programs listed are available in all schools.

Health and Career Education K-9 and Planning 10 Curriculum

Substance misuse prevention is part of the curriculum from kindergarten to grade 10. The following topics are covered:

- safe and unsafe substances
- negative effects of using substances
- harm from unsafe substances
- influences of substance misuse
- avoiding substances
- strategies for healthy choices
- recognizing and refusing unsafe substances
- consequences of substance misuse.

The program is delivered in the classroom to all students from kindergarten to grade 10. In elementary school, the curriculum is delivered either by the classroom teacher or the school counsellor. In high school, programming is generally delivered by the health and career education teacher.

CONTINUES ON NEXT PAGE

Concerned about your future?

Talk to a school counsellor or drug counsellor to get more information or referral to a program.

Baby Think it Over

Supported by the RCMP, Baby Think it Over involves students caring for a computerized doll, some of whom exhibit characteristics of babies born with FASD. This program is delivered at Porter Creek Secondary and may be available at other schools upon request.

Canines for Safer Schools

This pilot program is being offered at Porter Creek Secondary School to assist in promoting a drug-free learning environment in the schools. Porter Creek is the only school in the Yukon that offers the program, which helps to build a relationship between the students and the drug counsellor.

DARE (Drug Abuse Resistance Program)

Sponsored by the RCMP, DARE is a drug and alcohol program delivered primarily to grade 5 students. RCMP come into the classroom and work with students on issues around self-esteem, drugs and alcohol. This program also helps to build a positive relationship between RCMP and students.

Drug and alcohol resources

These are assorted curricular kits, including activities and videos designed for the substance misuse section in the Health and Career Education and Planning. Ten courses are available.

Fetal Alcohol Spectrum Disorders (FASD)

Teachers regularly integrate different types of teaching strategies for working with students with FASD. Education staff in the Special Programs Unit provide ongoing guidance and learning opportunities for teachers and parents working with students with FASD.

Yukon FASD Diagnostic and Support Team: A Yukon-based FASD diagnostic and support team is in place through the Child Development Centre to assist in the early diagnosis of FASD and to help families access support services at the preschool age. These services can be accessed only if there is confirmed prenatal consumption of alcohol.

CONTINUES ON NEXT PAGE

Making a Difference: This is an instruction manual for teachers that focuses on 12 essential elements for working with students with FASD. This manual is being used by most schools in the Yukon.

Steps to Success for Teaching Students with FASD : This program is designed to assist educators in the development and use of effective strategies for students who are having difficulty coping in the school, both educationally and/or behaviourally. Some of these students may have been prenatally exposed to alcohol. The focus is on building networks and links between the school, community and other agencies in order to:

- develop a teacher training model and support manual
- mentor and train school-based support
- develop a culturally relevant grades 1 to 12 curriculum on FASD.

The designers of this program work closely with the Special Programs Unit at the Department of Education.

Trying Differently: This "Guide for Daily Living and Working with FASD and other Brain Differences," produced by Fetal Alcohol Syndrome Society of Yukon, is supplied to classroom teachers throughout the Yukon.

Keeping Youth Drug Free – A Book for Parents
A resource for Yukon parents developed by SASSY (Substance Abuse Strategy and Solutions for Yukon) to provide information and prevention strategies on the use of drugs by youth.

PARTY Program
High school students go to Whitehorse General Hospital to observe and participate in the stark reality of the effects of alcohol. Students are given the medical point of view through the use of graphic videos, testimonials and other means. There may be alternative ways of presenting this information to students who live outside of Whitehorse.

Worried about your child's exposure to drugs and alcohol?

Find out more about the programs available in your child's school.

CONTINUES ON NEXT PAGE

Personality Dimensions
A program available to schools that provides teachers with an opportunity to help youth make good decisions, learn about themselves and build positive self-esteem.

Real Game
A game that reflects real life decisions and examines their effects, including the use of alcohol and other drugs. The Real Game is used at the intermediate and secondary school levels. Reflection and discussion are guided by the school counsellor.

Second Step
A comprehensive counselling program used in Yukon schools to reduce bullying, drug and alcohol abuse, and other issues. Second Step is delivered in the school from kindergarten to grade 10.

Steps to Respect
This comprehensive counselling program is designed to help students make healthy life decisions. This program is also delivered from kindergarten to grade 10.

Street Drugs
A program designed to aid teachers and administrators on what to look for in youth drug culture.

Truth About Drinking and Truth About Drugs
Both of these resources describe the effects of either alcohol or drugs on people, both youth and adults.

Is your child trying to cope with FASD?

There are programs and other resources in the schools to help teachers provide specialized support.

FAMILY SERVICES UNIT

Health and Social Services
Yukon Government
Box 2703 (H-10)
Whitehorse, Yukon Y1A 2C6

Location
Royal Bank Building
Suite 401, 4114 Fourth Avenue
Whitehorse
Wheelchair accessible

Contact

667-3002 (24 hours);
toll free in Yukon 1-800-661-0408, ext. 3002
393-6204 (fax)
www.hss.gov.yk.ca/programs/family_children/child_protection

Hours

8:30 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

Family Services Unit provides a wide range of professional services in the area of investigation, assessment and support services for children and their families where risk of abuse and/or neglect exists. If someone suspects that a child is being abused or neglected, a social worker should be notified immediately. In communities outside Whitehorse, local area social workers deliver or access the services for their communities.

Services relevant to families requiring support while dealing with substance abuse and related issues include:

- access to psychological assessments for children who may be at risk
- parent and family support by social workers
- respite support for parents with children at risk of abuse or neglect
- coordination with family, community and departmental resources, and referrals to community resources, e.g. counselling or treatment agencies

What's the 811 phone number?

Dial 811 for the Yukon HealthLine, a free, 24-hour confidential services available to all Yukon residents. It is staffed by registered nurses and other health care professionals who can answer questions and provide options for dealing with health matters.

CONTINUES ON NEXT PAGE

Is your family affected by drug and alcohol use?

Assessments, counselling and referrals are available to help families get back on track.

- intensive home-based support to families: family support workers act as a support to solving parenting issues; they provide supports to families who are referred to agencies for addictions, marital problems and other family dysfunction
- family supports for children with disabilities include parent support and coordinated access to supports and interventions, including family substance abuse issues
- placement in care of children who are in need of protection, and supports for families whose children have been placed in care.

Confidentiality

Confidentiality is a priority, however, social workers, childcare workers, teachers, physicians and nurses are required to report danger to children.

FETAL ALCOHOL SYNDROME SOCIETY OF YUKON
(FASSY)

Box 31396
Whitehorse, Yukon Y1A 6K8

Location
1154 First Avenue (entrance from the alley), Whitehorse

Contact
393-4948; 393-4950 (fax)
fascap@klondiker.com

Hours
9 a.m. to 4 p.m., Monday to Friday

SERVICES PROVIDED

Are you thinking of getting pregnant?

Your health is especially important during pregnancy or when planning a family. Your doctor, a health nurse or Canada's Prenatal Nutrition Program (see p. 8) can provide you with more information.

The Fetal Alcohol Syndrome Society of Yukon (FASSY) seeks to reduce the incidence of Fetal Alcohol Spectrum Disorders (FASD) by improving the lives of people living with the effects of alcohol-related birth defects. Efforts include advocacy, education, resource development, research and continued community participation.

FASSY's services in Whitehorse and the communities include:

- consultations and community workshops developed to increase understanding and to enhance the capacity of Yukoners to address issues around FASD
- one-on-one support for adults living with FASD, designed to assist them in finding and keeping safe housing and improve their quality of life
- supported skills and recreation activities for adults living with FASD, aimed to reduce isolation, fill leisure time with safe activities, enhance skills and develop friendships
- a discretionary/crisis fund which pays for emergency help for people with FASD and their families, including phone service, baby formula and crisis support
- peer supports and activities for women living with FASD, with a focus on healing and making healthier lifestyle choices
- a library of videos and books about FASD, developed and maintained for community use.

Confidentiality
All services are confidential.

FIRST NATION OF NA-CHO NYAK DUN

Social Programs

Box 220
Mayo, Yukon Y0B 1M0

Contact

Social Assistance, Home Care, Community Wellness
996-2265; 996-2701 (fax)
996-4444 Nursing Station
996-5555 RCMP

SERVICES PROVIDED

For information on drug and alcohol treatment options, or family support programs for those living with someone with addictions, call the Community Wellness Coordinator at Social Programs.

Are you living with someone struggling with substance abuse?

Talk to your Community Wellness Coordinator about support programs.

GREY MOUNTAIN HOUSING SOCIETY

Housing for Families of First Nations Ancestry

4078 Fourth Avenue, Suite 5
Whitehorse, Yukon Y1A 4K8

Contact

633-4880; 633-5964 (fax)
greymtn@navigonet.com

Hours

1 p.m. to 5 p.m., Monday to Friday
Mornings are reserved for appointments

SERVICES PROVIDED

Grey Mountain Housing units are designed for families. No single dwellings are available.

Rental is geared to income. Twenty-five percent of gross income is paid for housing rent.

Applying for housing

Applications can be picked up at the office. To be eligible, the applicant:

- must be 19 years of age or older and applying on behalf of their family
- must be in good standing with utility service providers
- must not reside in any other social housing.

Confidentiality

Service is confidential, however, as part of the application process, you may have to sign a release of information form for specific businesses.

Looking for housing?

You may be eligible to apply for long-term housing through Yukon Housing (see p. 74) or Grey Mountain Housing.

HEALTH CANADA

Elijah Smith Building
Suite 100, 300 Main Street
Whitehorse, Yukon Y1A 2B5

Contact

Northern_Region_Nord@hc-sc.gc.ca

Indian Residential School Resolution Mental Health Support Program
toll free in Canada 1-800-464-8106
24-hour crisis line 1-866-925-4419
www.healthcanada.gc.ca/irs

First Nations and Inuit Non-Insured Health Benefits
toll free in Canada 1-866-846-1740
www.healthcanada.gc.ca/nihb

SERVICES PROVIDED

Indian Residential School Resolution Mental Health Support Program

The Indian Residential Schools (IRS) Resolution Mental Health Support Program provides emotional health and wellness support to former IRS students and their families. This support is provided, regardless of status and place of residence, to people who are eligible for the Common Experience Payment (CEP), who are resolving an IRS claim through the Independent Assessment Process (IAP) or litigation, and/or are engaged in Truth and Reconciliation/Commemoration events.

Services include:

- professional counselling from a recognized Health Canada service provider
- transportation to counselling not available in your home community
- emotional support services of a community-based Resolution Health Support Worker (delivered via Council of Yukon First Nations and Liard First Nation)
- cultural support services of an elder (delivered via Yukon First Nations and Council of Yukon First Nations)
- a 24-hour crisis line available to provide immediate emotional assistance.

CONTINUES ON NEXT PAGE

First Nations and Inuit Non-Insured Health Benefits

Health Canada provides eligible First Nations people and Inuit with a specified range of medically necessary health-related goods and services when they are not covered through private insurance plans or provincial or territorial health and social programs.

Non-Insured Health Benefits (NIHB) include:

- prescription drugs
- over-the-counter medication
- medical supplies and equipment
- short-term crisis counselling
- dental care
- vision care
- medical transportation, including to out-of-territory Health Canada-funded National Native Alcohol and Drug Abuse Program (NNADAP) treatment centres.

An eligible recipient must be a resident of Canada and one of the following:

- a registered Indian according to the *Indian Act*
- an Inuk recognized by one of the Inuit Land Claim organizations
- an infant less than one year of age, whose parent is an eligible recipient.

Confidentiality

The Non-Insured Health Benefits (NIHB) Program is committed to protecting an individual's privacy and safeguarding the personal information in its possession. When a request to fund benefits is received, the NIHB Program collects, uses, discloses and retains a recipient's personal information, in accordance with the applicable federal privacy laws and policies.

HEALTH PROMOTION UNIT

Health and Social Services
Yukon Government
Box 2703 (HP-305)
Whitehorse, Yukon Y1A 2C6

Location
305 Jarvis Street, second floor
Whitehorse Y1A 2H3

Contact

667-8393, toll free in Yukon 1-800-661-0408, ext. 8393
www.hss.gov.yk.ca/healthpromotion

Smoker's line: 667-8392, *www.smokersline.ca*

QuitPack Program for smokers
toll free 1-866-221-8393, *www.freequitpack.ca*

Sexual health information: 1-800-661-0408, ext. 8394

YK Style: 1-877-957-8953, *www.factsoflifeline.com*

SERVICES PROVIDED

Trying to quit smoking?

Physical exercise can be a great way to reduce your stress level, get fit and stay motivated.

The Health Promotion Unit provides health education programs and marketing campaigns focusing on improved health, harm reduction and illness prevention strategies for all Yukon communities. Programs are available for all ages and include information on tobacco reduction and prevention, nutrition and reproductive health.

Smoking reduction and prevention services are available for smokers wishing to reduce their tobacco use and the effects of their second-hand smoke. These include:

- information sessions
- a smoker's line
- the free QuitPack Program for smokers
- ongoing support
- a monthly newsletter with helpful tips

Sessions on smoking reduction are also available in the communities via telehealth services. See the Health Promotion website for frequent updates and information on ongoing programs.

Confidentiality

Any information provided by program participants is kept strictly confidential.

HEALTHY FAMILIES

Health and Social Services
Yukon Government
Box 2703 (H-12)
Whitehorse, Yukon Y1A 2C6

Location
9019 Quartz Road, first floor
Whitehorse
Wheelchair accessible

Contact

667-3745, 667-6371 (Whitehorse Health Centre)
393-7140 (fax)

Hours

8:30 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

A program designed to assist families, either prenatally or at birth, through to when the children reach school age. Through regular home visits, Healthy Families provides in-home assistance and education to support families and help parents be the best parents for their children.

All services are provided free of charge.

Confidentiality
Confidentiality is a priority, however, social workers, childcare workers, teachers, physicians and nurses are required to report danger to children.

Be safe on the road.

Take a cab, ride with a sober friend or stay overnight.

HOSPICE YUKON SOCIETY

409 Jarvis Street
Whitehorse, Yukon Y1A 2H4
Wheelchair accessible

Contact

667-7429; 633-4683 (fax)
info@hospiceyukon.net
www.hospiceyukon.net

Hours

11:30 a.m. to 3 p.m., Monday to Friday

SERVICES PROVIDED

Have you lost someone as a result of substance abuse?

Hospice Yukon offers support as you grieve.

Hospice Yukon offers free support for individuals and their loved ones facing advanced illness, death and bereavement, and to caregivers and professionals who are supporting clients who are grieving. The society recognizes that unresolved grief and loss may often be at the core of substance abuse issues. It is important to be supported through this difficult time and find a healthy way to express these feelings.

Hospice Yukon provides:

- one-on-one and family support with a lay counsellor
- support for caregivers and professionals
- a resource library of books, videos and audio cassettes
- agency and volunteer training
- Living with Loss: a public education workshop; four times a year
- Healing Touch (energy therapy) on Wednesday afternoons
- grief support groups.

If you live in one of the communities, Telehealth and telephone support are available, including conference calls. Materials from the library and other handouts are available for mailing.

No referral is required nor are there charges.

To raise awareness, Hospice Yukon has fundraising initiatives such as 100 Feelie Hearts carried onboard by Tagish dog musher, Michelle Phillips in the Yukon Quest 2009 Sled Dog Race.

Confidentiality

All services are confidential.

KAUSHEE'S PLACE

Yukon Women's Transition Home

Box 31392
Whitehorse, Yukon Y1A 6K8
Wheelchair accessible to both transition-level and second-stage apartments

Contact

668-5733 (collect calls accepted from outside Whitehorse)
668-2374 (fax)
adkaushees@whtvcable.com

Hours

24 hours a day

SERVICES PROVIDED

Do you need a safe place to stay tonight?

Kaushee's offers help with temporary and transitional housing for women and children.

Safe, supportive crisis and longer term accommodation is provided for women and their children who are in crisis due to violence and/or abuse.

Kaushee's Place maintains a home-like atmosphere where safety is the first priority. Women and their children can stay in the transition home for up to 30 days.

In emergencies, taxi fare will be paid within Whitehorse city limits to the transition home.

Low-cost second-stage housing is available for women who need independent housing with some support, for up to six months.

Kaushee's Place offers support, listening and referral services to inform women of their options. For support and advocacy, the staff can accompany women to appointments. Referrals will be made to other agencies as needed.

A childcare worker is available to support women and their children dealing with the effects of abuse.

Silent and Invisible is a program that responds to the needs of older abused women (50+) who may require extra support and assistance to overcome specific barriers.

Confidentiality

Services at Kaushee's Place are confidential. No information about clients is released to anyone without the client's permission.

KIDS' HELP PHONE/JEUNESSE J'ECOUTE

Suite 300
439 University Avenue
Toronto, Ontario M5G 1Y8

Yukon/BC Chapter
Suite 1100
1200 West 73rd Avenue
Vancouver, British Columbia
V6P 6G5

Contact

416-586-5437; 416-586-0651 (fax)
Contacting the help line
toll free for kids 1-800-668-6868
info@kidshelp.sympatico.ca
http://kidshelp.sympatico.ca

Hours

24 hours a day, 365 days a year

SERVICES PROVIDED

This non-profit organization provides bilingual telephone counselling, information and referral services to children (ages four to 19 years) needing help on a wide variety of problems, issues and concerns.

The service is staffed by paid professional counsellors and is available free of charge to children anywhere in Canada.

It is a completely confidential and non-traceable service.

Not ready to talk to your family?

If you are under 19, call the Kids' Help Phone (a confidential 24/7 hotline) to talk about the issues bothering you, or see a counsellor at your school or at Alcohol and Drug Services (see p. 2).

KLUANE FIRST NATION

Administration Services
Box 20
Wheelchair access to main floor office

Health and Social Programs
Box 23
Wheelchair accessible

Burwash Landing, Yukon
Y0B 1V0

Contact

Administration Services
841-4274; 841-5900 (fax)
reception@kfn.ca

Health and Social Programs
841-4616; 841-5502 (fax)
kluanefn@yt.sympatico.ca

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday

SERVICES PROVIDED

The First Nation Health and Social Programs Department provides referrals and information about substance abuse as well as many other issues. Clients can come to the office or talk with workers during home visits. All of the health and social programs staff work closely together.

Not sure where to start to get help?

Drop into your Health and Social Programs Department or arrange for a home visit.

KWANLIN DÜN FIRST NATION

Kwanlin Dün First Nation
Administration Building
35 McIntyre Drive
Whitehorse, Yukon Y1A 5A5

Community Justice
7 O'Brien Road
Whitehorse, Yukon Y1A 6H6

Contact

633-7800; 668-5057 (fax)
www.kwanlindun.com
668-7289, ext. 212, Home and Community Care Nurse
668-7289, Wellness Services
633-7850, Community Justice

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday. Individual programs and services are available at other times.
Health Centre clinic: drop-in 8:30 a.m. to 12 p.m. and 1 p.m. to 4 p.m, Monday to Friday

SERVICES PROVIDED

The KDFN Health Centre continues to be the only First Nation operated health centre north of the 60th parallel. The health centre is also unique in its integration of programming that forms a continuous stream from pre-birth to death. Health services are provided by a team which includes registered nurses, a community health representative and elder support workers, and a contract physician.

Clinic services

A nurse is available to provide health assessments, ongoing health monitoring, teaching and education, assistance with illness management, communicable disease control and immunizations, referrals and support. Appointments may also be made in advance.

A doctor's clinic at the KDFN Health Centre is now available for those clients who do not have a family doctor. A doctor offers a clinic once a week and appointments can be made through the home and community care nurse.

CONTINUES ON NEXT PAGE

Immunizations

In addition to the well-baby clinics that provide developmental screens, health checks and information, immunizations are given to babies at two, four, six, 12 and 18 months of age. These are followed by booster immunizations before the child starts school. Adult immunizations available at the health centre include the flu vaccine, pneumomax and tetanus boosters. Tuberculosis (TB) screenings are also available following a consultation with the community health nurse.

Parents and children

Child, Youth and Family Health believes a strong community begins with healthy children and families. Healthy Babies, Healthy Generations (HBHG) is a program designed to support parents through their pregnancy and for the first 18 months of the baby's life. This includes services such as prenatal care, labour and delivery teaching, monthly luncheons, post-partum care and well-baby clinics.

Community Justice

The Community Justice program is committed to providing culturally based holistic services to assist community members who are involved in the criminal justice system. The Justice Program facilitates processes that involve reconciling victims and offenders including empowering victims. The Community Justice program also provides opportunities for the community to use its voice in criminal, victim services and child protection matters. If you need advice or assistance, please contact the Justice office.

Trying to give your child the best start?

Consider the wide range of activities available in your community to give parents skills and support.

LAW SOCIETY OF YUKON

202-302 Steele Street
(T.C. Richards Building)
Whitehorse, Yukon Y1A 2C5

Contact

668-4231 (collect calls accepted from outside Whitehorse for Lawyer Referral Service)
667-7556 (fax)
info@lawsocietyyukon.com
www.lawsocietyyukon.com

Hours

9 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

Sometimes you just want to find out if a lawyer is needed to resolve a legal problem. The Law Society issues a referral certificate for up to a one half-hour consultation at a fee not to exceed $30 (includes GST) in a particular area of practice. A list of lawyers who have agreed to accept referrals is attached to the certificate.

This service does not cover:

- completion of legal work
- a second opinion on advice already received
- document review, explanation or notarization
- obtaining precedents from the referring lawyer.

Contact and appointments with the lawyer of your choice are the responsibility of the client.

Confidentiality

The service is confidential.

Do you need help deciding if your problem requires a lawyer?

Contact the Law Society of Yukon to find out.

LIARD FIRST NATION

Box 328
Watson Lake, Yukon Y0A 1C0

Contact

536-5200; 536-2332 (fax)

Hours

9 a.m. to 4:30 p.m., Monday to Friday

SERVICES PROVIDED

Trying to find a program that matches your needs?

Start by talking to the team in your Health and Social Department.

The First Nation provides counselling, referral and information about issues such as substance abuse through the First Nation Health and Social Department. Help is provided by the National Native Alcohol and Drug Abuse Program (NNADAP), the community health worker and the family support worker.

Confidentiality

Information given to the worker is confidential.

LITTLE SALMON CARMACKS FIRST NATION

Box 135
Carmacks, Yukon Y0B 1C0

Contact

863-5576, Social Administrator and Community Health Representative
863-3001, Director
863-3000, NNADAP worker
863-5710 (fax)

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday

SERVICES PROVIDED

The First Nation provides counselling, referral and information about substance abuse through the National Native Alcohol and Drug Abuse Program (NNADAP) worker, the community health representative, health and social representative, health care coordinator, elders care council, outreach workers and the First Nation social administrator. Clients can come to the First Nation office, talk with workers during a home visit, or contact the social administrator and community health representative.

Confidentiality

Information given to the workers is confidential.

Looking for help in your community?

Contact your First Nation office to be connected with a health care or outreach worker.

MAGEDI SAFE HOUSE

c/o Margaret Thomson Centre
General Delivery
Ross River, Yukon Y0B 1S0

Contact

969-2722; 969-2019 (fax)

SERVICES PROVIDED

This shelter provides counselling and referrals for women who are battered, elders and children. Open only when needed.

Seeking shelter?

A safe house or other temporary shelter can provide you with support.

MANY RIVERS COUNSELLING AND SUPPORT SERVICES

4071 Fourth Avenue
Whitehorse, Yukon Y1A 1H3
Wheelchair accessible

Contact

667-2970 (main number and answering machine), collect calls accepted by all offices
633-3557 (fax)
info@manyrivers.yk.ca
www.manyrivers.yk.ca

Hours

9 a.m. to 5 p.m., Monday to Friday (closed noon to 1 p.m.)

Whitehorse office also serves Carcross, Carmacks and Teslin.

Dawson City office
(also serves Mayo and Pelly Crossing)
Waterfront Building
2nd floor, Front Street
Box 595, Dawson City,
Yukon Y0B 1G0
993-6455, collect calls accepted
993-6456 (fax)
dawson@manyrivers.yk.ca

Haines Junction office
(also serves Beaver Creek, Burwash Landing, Destruction Bay)
108 Auriol Street
Box 2109, Haines Junction,
Yukon Y0B 1L0
634-2111, collect calls accepted
634-2333 (fax)
hainesjunction@manyrivers.yk.ca

Watson Lake office
Holt Agencies Building
714 Adela Trail, Box 537
Watson Lake, Yukon
Y0A 1C0
536-2330, collect calls accepted
536-7854 (fax)
watson@manyrivers.yk.ca

SERVICES PROVIDED

Many Rivers (formerly Yukon Family Services Association) is a private, not-for-profit, charitable agency that provides a range of counselling and support services to individuals, families and communities throughout the Yukon.

Fees may apply. Material in the Whitehorse office library can also circulate to communities.

Counselling

Counselling is available for individuals, families, couples and groups. Staff is available to discuss your options and answer questions and concerns. When clients phone for an appointment in the Whitehorse office, the intake counsellor will ask for some information and set up a first appointment.

Counselling is also available for children. Parental consent is required for children under 12 years of age. The ability of youth over 12 years of age to give their own consent is considered.

Referrals are not necessary, but may come from other agencies.

Play therapy for children: Children can receive counselling using a variety of talk and play therapy techniques specially designed for their age group.

Employee assistance programs: These programs are designed to assist the employee and/or their family members with problems that may arise.

CONTINUES ON NEXT PAGE

Other programs and support groups

Many Rivers' family education programs aim to increase parents' confidence and ability to offer a supportive and healthy environment for their children. Availability of programs in each community varies.

Life After Birth: Offers a range of supports for women experiencing postpartum depression and anxiety.

Mothering Your Baby – The First Year: An education and support group for new mothers with babies under one year. Provides an opportunity for mothers to talk about the ups and downs of mothering, and living and learning with a new baby.

Peer-led Moms Groups: As a continuation of *Mothering Your Baby – The First Year,* Many Rivers provides a weekly meeting place for moms to get together until their children are actively crawling or walking.

For the Sake of the Children I and II: This two-part workshop assists parents in keeping their children's needs at the forefront during and after separation or divorce. The first workshop covers children's needs, alternatives to court and parenting plans, and the second focuses on communication skills parents can use to support their children through the separation and divorce experience.

Kids in Transition: A support group to aid children in identifying and expressing their feelings around the divorce or separation of their parents.

Nobody's Perfect Parenting Program: An educational and supportive workshop for parents of children from birth to five years of age.

Parent-Child Mother Goose Program: A supportive, fun group experience for parents and their babies and/or young children that focuses on the pleasures and benefits of using rhymes, songs and stories.

Youth Outreach Program: Offers a mobile, accessible counselling and advocacy service to street-involved and high-risk youth. Generally the youth are between the ages of 12 and 24 and are

CONTINUES ON NEXT PAGE

Have you heard about the addictions resource line? Alcohol and Drug Information and Referral Service new crisis line?

The new Alcohol and Drug Information and Referral Service confidential toll-free help line for substance abuse issues is available in the Yukon 24 hours a day, seven days a week. It is multilingual, anonymous and completely confidential. Call 1-866-980-9099 for information on local alcohol and drug services, including detox and counselling.

facing issues of substance misuse, homelessness, family violence, sexual assault, grief and trauma.

No Fixed Address Outreach Van

The goal of the outreach van is to minimize the harmful effects of poverty, substance abuse and homelessness by providing services such as food, clothing, nursing, counselling, hygiene supplies and harm-reduction supplies. See page 50 for a detailed listing.

Confidentiality

Services are confidential. Information about clients is not shared with, or requested from, other agencies unless the client gives permission in writing. The agency's policy is to report instances of child abuse, or situations where a child or others are at risk of abuse.

MENTAL HEALTH SERVICES

Health and Social Services
Yukon Government
Box 2703 (4 HospRd)
Whitehorse, Yukon Y1A 2C6

Location
4 Hospital Road, second floor
Whitehorse

Contact

667-8346, toll-free in Yukon 1-800-661-0408, ext. 8346
667-8372 (fax)

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday

Haines Junction
Box 2123
Haines Junction, Yukon
Y0B 1L0
634-7504; 634-7503 (fax)

Dawson City
Box 99
Dawson City, Yukon
Y0B 1G0
993-7897; 993-2335 (fax)

SERVICES PROVIDED

Mental Health Services offers assessment and treatment services, including individual and group therapy, for individuals with a diagnosable mental illness. Assistance with managing anxiety, depression, schizophrenia and bipolar disorder are examples of the kinds of treatment provided by Mental Health Services.

Requests for marital counselling, help with parenting skills, and substance abuse counselling are likely to be referred to other agencies, which offer specialized services for these problems.

Community offices

Services may be accessed via telephone or fax, either through self-referral, doctor's referral or an agency's referral.

Consultation

Consultative services include:

- assessing mental health needs
- planning, developing and evaluating mental health programs
- training community service providers
- participating in activities promoting public awareness.

Confidentiality

All services are confidential.

MOTHERS AGAINST DRUNK DRIVING
(MADD)

4-102 Gold Road
Whitehorse, Yukon Y1A 2W2

Contact

633-6230
maddwh@yahoo.ca
www.madd.ca

Hours

9 a.m. to 11 a.m., Monday, Wednesday and Friday
8:30 a.m. to 11 a.m., Tuesday and Thursday

SERVICES PROVIDED

How can you be a "best friend?"

Encourage your guests to drink responsibly and take a cab or ride with a friend who hasn't been drinking.

Mothers Against Drunk Driving (MADD) advocates against impaired driving, and provides preventative education and support to victims and their families. We can assist in emotional support, court accompaniment, provision of information to help you understand your legal rights, and provision of resource guides and books to help in the healing process.

All MADD services are provided free of charge.

We provide a hands-on program for use in schools throughout the Yukon. The Simulated Impaired Driving Experience (SIDNE) go-cart can be operated by both students and adults. This go-cart follows a course set up by MADD and uses a remote control device to demonstrate, in a safe environment, what it feels like to be in a vehicle with someone who is impaired. MADD Whitehorse is proud to have the first of its kind in Canada.

The full program includes additional hands-on and visual aids designed to teach about the risks of impaired driving including:

- the fatal reflection program using digital imaging to construct accident scenarios
- Intoxiclock, which calculates potential impairment
- Distract-a-match, a game showing the need for concentration on the road.

Confidentiality

Our victim services workers are trained and understand the confidentiality requirements.

NARCOTICS ANONYMOUS
(NA)

Northern British Columbia
Box 921 Station A
Prince George, BC V2L 4T7

BC Regional Service Centre
Box 1695, Station A
Vancouver, BC V6C 2T7

World Service Office
PO Box 9990
Van Nuys, CA 91409 USA

Contact

Toll free anonymous and confidential hotline and helpline
1-888-543-2499
818-773-9999
818-700-0700 (fax)
http://www.canaacna.org/english/city_meetings.php?id=Whitehorse&id2=57

SERVICES PROVIDED

Narcotics Anonymous is an organization offering community support and self-help meetings based on shared experiences in recovery from substance abuse.

Tunnel of Light, the Yukon group of Narcotics Anonymous, belongs to the northern BC area. Whitehorse meetings take place on Fridays at 7 p.m., at 4071 Fourth Avenue, which is wheelchair accessible.

There are no fees. The only requirement is the desire to stop using drugs.

Trying to start over?

Making amends may be easier to face when you have support.

NO FIXED ADDRESS OUTREACH VAN

Many Rivers Counselling and Support Services
4071 Fourth Avenue
Whitehorse, Yukon Y1A 1H3

There is no fixed address for the van.

Contact

334-1647 (van)
633-3557 (fax; please put "Attention Outreach Van")
outreachvan@manyrivers.yk.ca
www.manyrivers.yk.ca/outreachvan.html

Hours

4 p.m. to 9 p.m., Monday through Saturday

SERVICES PROVIDED

Dealing with health problems caused by drugs or alcohol?

For medical testing and treatment, talk to a doctor or a community health nurse, or talk to the people in the outreach van.

The No Fixed Address Outreach Van is a mobile community outreach program meeting a variety of health, safety and social needs. The focus is to reduce the harmful effects of poverty, drug and alcohol use, and homelessness.

The van travels the streets of Whitehorse six nights a week, going to locations where its clients require services. The van complements existing services, providing:

- safety and support (nutrition such as coffee, tea, soup, bread, sandwiches, water; personal care items; clothing and blankets)
- outreach counselling and education related to issues of substance abuse, employment, housing, family violence; advocacy
- health services (clean needles and other harm reduction supplies; condoms; nursing assessment and wound management; public health information and education; public health procedures)
- referrals to other agencies.

The free van service is coordinated by Many Rivers Counselling and Support Services in partnership with Blood Ties Four Directions Centre, Kwanlin Dün First Nation and Kaushee's Place Transition Home. Staff include an outreach van coordinator, health educators, a health promotion worker, an HIV/Hepatitis C counsellor, youth outreach counsellors, generalist counsellors and registered nurses.

Confidentiality

Services are confidential.

NORTHERN TUTCHONE TRIBAL COUNCIL

Box 61
Pelly Crossing, Yukon
Y0B 1P0

Contact

537-3821
jol@selkirkfn.com
www.selkirkfn.com

Hours

9 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

Through the Aboriginal Healing Foundation, we provide counselling and therapy to address the legacy of abuse, including substance abuse issues, in Indian Residential Schools.

We work through the First Nation offices and with families of First Nation heritage. Everyone is welcome.

Confidentiality

All services are confidential.

ROSS RIVER DENA COUNCIL

c/o Margaret Thomson Centre
General Delivery
Ross River, Yukon Y0B 1S0

Contact

969-2430, 969-2826, 969-2722
969-2019 (fax)

Hours

9 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

The community wellness worker, family support worker, community education liaison coordinator, community health representative and native court/justice worker all work as a team to support families affected by alcohol, drugs and family violence. They provide such services as the prenatal program and home community care program.

Live in one of the communities?

Many programs offer help in your community or via telehealth, including:

- *AA (alcohol, see p. 4), Narcotics Anonymous (drugs, see p. 49)*
- *Health Promotion (smoking, nutrition and sexual health, see p. 32)*
- *Alcohol and Drug Services (drugs and alcohol, in Watson Lake only, see p. 2).*

SALVATION ARMY

311 Black Street
Whitehorse, Yukon Y1A 2N1
Wheelchair accessible

Contact

668-2327, toll-free in North America 1-888-288-9394
admin@salvationyt.org
www.salvationarmy.ca

Hours

Shelter: 8:30 p.m. to 3 p.m. the following day;
closed 8 a.m. to 8:30 p.m. weekends and stat holidays
Office: 7:30 a.m. to 3 p.m., Monday to Friday
Adult Resource Centre (Halfway House for Corrections Services): supervised 24 hours a day

SERVICES PROVIDED

Found some needles?

Talk to the people at Blood Ties (see p. 7) at 633-2437 or toll-free in Yukon 1-877-333-2437.

People with substance abuse issues, including those still under the influence, may attend this shelter and drop-in to receive warmth, shelter, clothing, food and a bed to sleep in. All people are cared for without discrimination. Only if the person is apparently a danger to themselves or to others is outside assistance called.

The proactive non-residential programs can help to reach people before they lose control of their lives. The services include:

- one-on-one counselling
- referrals to treatment and addictions services
- coordination with legal or medical services to ensure attendance at meetings or treatment sessions
- rides home, basic first aid, personal hygiene care and laundry
- financial assistance for attending treatment centres
- transportation assistance to treatment
- hosting of other services in the drop-in centre such as flu clinics, TB clinics, grief counselling and income tax clinics.

Treatment centres

The Salvation Army operates long-term (three-month) treatment centres in Edmonton and Mission, British Columbia. Referrals and contact information may be obtained through the local office.

Confidentiality

Any information collected during the course of providing a service to any person is kept confidential.

SELKIRK FIRST NATION

Social Programs

Box 40
Pelly Crossing, Yukon
Y0B 1P0

Contact

537-3331; 537-3902 (fax)

Hours

8:30 a.m. to 12:15 p.m., 1 p.m. to 5 p.m., Monday to Friday
except payday Friday when the office is closed
The social programs director is on call after hours.

Not sure which program can help?

Information and referrals are available through your First Nation office.

SERVICES PROVIDED

The Selkirk First Nation provides referral and information about substance abuse through the Social Program, the community health nurse and the Health and Social Services social worker, as available.

Clients can come to the First Nation office or talk with the worker during a home visit. Referrals are made to other resources located in Whitehorse or to the counsellor who visits the community. The Social Program Director and other designated staff are on call after hours.

We work closely with the Northern Tutchone Council on substance abuse issues.

Confidentiality

Information given to the worker is confidential.

SKOOKUM JIM FRIENDSHIP CENTRE

3159 Third Avenue
Whitehorse, Yukon Y1A 1G1
Wheelchair accessible

Contact

633-7680; 668-4460 (fax)
sjfcfriends@northwestel.net
www.skookumjim.com

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday

Not feeling great?

Talk to your doctor or health care provider about making exercise changes. For information on quitting smoking, contact Health Promotion (see p. 32).

SERVICES PROVIDED

The Skookum Jim Friendship Centre is a community house committed to bettering the spiritual, emotional, mental and physical well-being of First Nation peoples. We promote friendship and understanding between all people.

The ***Prenatal Nutrition Outreach Program*** promotes and supports the health of all women during their pregnancies, and supports nursing mothers and their babies up to the age of one year. There are weekly drop-in sessions for participants.

The ***Traditional Parenting Program*** teaches parenting practices and values to First Nations people through the knowledge of the elders.

The ***Tan Sakwathan Youth Diversion Program*** uses a holistic approach to provide early intervention and healthier alternatives for First Nation youth and their families who come in conflict with the law. This program aims to assist them to live happy, productive lives. It uses elders, guest speakers, traditional teachings, workshops, referrals, psychologists, community involvement and health recreational activities, as needed.

The ***Recreation Program*** provides programs that reflect the well-being of both rural and urban people, and supports initiatives of sport, recreation and culture that are important to maintaining community-based programs. Annually, this program hosts the Skookum Jim Rediscovery Wilderness Camp, the Folklore Show, Cultural Enhancement Programs and other important healing initiatives.

CONTINUES ON NEXT PAGE

The ***Urban Multipurpose Aboriginal Youth Centre*** *(UMAYC)* was designed to provide urban aboriginal youth with a wide range of culturally based programs, services and activities that are locally controlled and designed in conjunction with aboriginal youth. These programs are structured to empower youth to face challenges and determine their own future with a sense of pride in a culturally relevant environment.

The ***Student Training and Financial Services Program*** includes work life job skills, Northwest Territories post-secondary education, Department of Indian Affairs and Northern Development (DIAND) National Child Benefit Fund, and the Aboriginal Human Resource Development Program.

After School Tutoring Program provides one-on-one tutoring, daily homework sessions, studying tips and tools to increase academic confidence, as well as resource materials for students applying to post-secondary institutions.

Youth Advisory Council is involved with program planning, development and delivery of all UMAYC programs. This is comprised of eight youth from the community between the ages of 15 to 24, but youth outside the age range may still be considered.

Confidentiality

Discussions between clients and staff are private. The centre has a policy of total confidentiality regarding clients who access parenting skills and the diversion program.

Seeking support as you make changes?

Your community can offer positive support.

TEEN PARENT CENTRE

Box 32077
Whitehorse, Yukon Y1A 5P9

Location
1001B Lewes Boulevard
(beside F.H. Collins Secondary School) Whitehorse
Wheelchair accessible

Contact

667-3421 or 667-8336 (667-TEEN)
667-3423 (fax)

Hours

8 a.m. to 3:30 p.m., Monday to Friday, September to June

SERVICES PROVIDED

Trying to give your family the best start?

Learn more about parenting, and share experiences with other teens raising children.

The Teen Parent Centre is funded by the departments of Education and Health and Social Services, as well as a non-profit society. The program allows young people of school age to continue or renew public school studies with as little interruption as possible during pregnancy and/or parenting. There are no fees.

The teacher-director and support staff provide personal and academic counselling on site. Support from other agencies such as the Child Development Centre is offered.

The Healthy Moms, Healthy Babies (HMHB) program at the centre is for all pregnant and parenting teens. You do not have to be in school to take part. The program provides nutritional support and guidance (including food vouchers), information about pregnancy and parenting, help with breastfeeding, group activities, cooking sessions and more. The HMHB program is also available during the summer months on an outreach basis. The coordinator for this program is a registered nurse. There is a library from which materials can be borrowed.

Child care and transportation are available.

Upon request, referrals are made to other counselling agencies including Alcohol and Drug Services.

Confidentiality
Confidentiality is ensured.

TESLIN TLINGIT FIRST NATION

Health and Social Development

Box 133
Teslin, Yukon Y0A 1B0
Wheelchair accessible

Contact

390-2532; 390-2130 (fax)
healingcentre@ttc-teslin.com

Hours

8:30 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

Health and Social Development provides family and traditional counselling, referral and public information about substance abuse, family violence, healing circles for men and women, traditional teachings, and healing and medicines.

The traditional parenting program offers prenatal teaching and counselling, and information on traditional foods and nutrition. A daycare centre is available. Home and community care services help clients maintain a self-sufficient lifestyle.

The goal of the Health and Social Development is to provide care and support to Teslin Tlingit citizens. The staff strive to develop individual self-reliance and enhance personal empowerment in order to establish a healthier community.

Health and Social Development staff include the director, intake/temporary financial assistance clerk, program coordinator, health coordinator, daycare manager, family counsellor, traditional counsellor, community youth support worker, home and community care coordinator, home support worker, prenatal coordinator and recreation programmer.

Confidentiality

Information given to workers is confidential.

Do you need more training to help your client with substance abuse issues?

Alcohol and Drug Services offers workshops and additional training to help you deal with substance abuse issues *(see p. 2).*

TR'ONDËK HWËCH'IN

Health and Social Services
Box 599
Dawson City, Yukon Y0B 1G0

Contact

993-7164; 993-2329 (fax)
www.trondek.com

Hours

8:30 a.m. to 5 p.m., Monday to Wednesday
8:30 a.m. to 10 p.m., Thursday to Saturday

Looking for local programs?

Guidance and information is available through your community office.

SERVICES PROVIDED

The First Nation has information about substance abuse, as well as a community support team, including a counsellor and outreach worker, who is available for support. They can refer to other agencies in Dawson City. Clients may come to the office or talk with staff during home visits.

Community activities include:

- Thursday, Ladies' Night, 6 p.m. to 8 p.m.
- Thursday to Sunday, crib tournament
- Friday evening, Radio Bingo
- Sunday, prayer circle, 2 p.m.

Confidentiality

Information provided to staff about substance abuse is confidential.

VICTIM SERVICES UNIT

Department of Justice
Yukon Government
Box 2703 (J-7)
Whitehorse, Yukon Y1A 2C6

Location
2nd floor, 301 Jarvis Street
Whitehorse
Wheelchair accessible

Contact

667-8500, Victim Services,
toll free in Yukon 1-800-661-0408, ext. 3581 or 8500
393-6240 (fax)
Dawson City: 993-5831, Community Victim Services
Watson Lake: 536-2541, Community Victim Services
victimservices@gov.yk.ca
fvpu@gov.yk.ca

Hours

8 a.m. to 4:30 p.m., Monday to Friday

SERVICES PROVIDED

Referral to appropriate agencies for substance abuse issues.

Need help coping with a difficult situation?

Advocacy and referrals to additional support may help.

VICTIMLINK

Contact

toll free 1-800-563-0808; 604-660-9415 (fax)
help@communityinfo.bc.ca

For deaf or hard of hearing callers
TTY 604-875-0885 (collect calls accepted)
or text 604-836-6381
www.communityinfo.bc.ca/victims.htm

Hours

24 hours a day, 7 days a week

SERVICES PROVIDED

Don't know where to turn for help?

VictimLink is a confidential hotline that can connect you with the services you need.

VictimLINK is a multilingual, anonymous, toll-free help line for victims of family and sexual violence, and all other crimes.

Victim service workers provide crisis support and referrals to a network of community, social, health, justice and government resources, including victim services, transition houses and counselling services. It also offers information on the justice system, relevant federal and provincial legislation and programs, crime prevention and safety planning.

VictimLINK provides service in over 100 languages, including English, French and 17 North American aboriginal languages.

Confidentiality
This is a confidential service.

VICTORIA FAULKNER WOMEN'S CENTRE

503 Hanson Street
Whitehorse, Yukon Y1A 1Y9
Wheelchair accessible

Contact

667-2693; 667-7004 (fax)
vfwc@northwestel.net
womensadvocate@northwestel.net
www.vfwc.net

Hours

Drop-in
11 a.m. to 3 p.m., Monday, Tuesday, Wednesday and Friday
3 p.m. to 6 p.m., Thursday
Special appointments can be arranged.

SERVICES PROVIDED

The Victoria Faulkner Women's Centre is a local, non-government, non-profit organization that has been offering programming, advocacy and support to women throughout the Yukon for more than 30 years.

The Women's Advocate offers support and assists women in assessing their options and information and services. The centre organizes annual events such as International Women's Day, Sexual Assault Prevention Month and Take Back the Night, and offers various programs such as the Moms and Kids Summer Recreation Program, Rural Pregnant Mom Suite, Healthy Moms Healthy Babies, the Community Kitchen, art and thematic discussions.

Are you a woman seeking support?

Ask to talk to the woman's advocate.

VUNTUT GWITCHIN FIRST NATION

First Nation Director
Box 94
Old Crow, Yukon Y0B 1N0

Contact

966-3213
966-3261, NNADAP worker
966-3051, Community Health Representative
966-3800 (fax)

SERVICES PROVIDED

The First Nation Health and Social Services Department staff provide supportive counselling and referral services for substance abuse issues. Resources within the community are pulled together to meet the needs of all family members.

Do you and your family need support around substance abuse issues?

Staff support and resources are available in your community.

WHITE RIVER FIRST NATION

General Delivery
Beaver Creek, Yukon Y0B 1A0

Contact

862-7802; 862-7806 (fax)
bsam@wrfn.yk.ca

SERVICES PROVIDED

A youth drop-in centre is operated by the First Nation. Phone for hours.

Looking for a culturally appropriate approach and community support?

Talk to the First Nation Health Program worker in your community to explore your options.

WHITEHORSE GENERAL HOSPITAL

5 Hospital Road
Whitehorse, Yukon Y1A 3H7
Wheelchair accessible

Contact

393-8700; 393-8771 (fax)
www.whitehorsehospital.ca

Hours

24 hours daily

SERVICES PROVIDED

The hospital provides confidential emergency treatment and acute care to people struggling with substance abuse issues.

Confidentiality

Information provided to hospital personnel is strictly confidential.

Need help in a crisis, such as an overdose?

Emergency treatment is available through your local hospital and 911 services within Whitehorse.

WOMEN'S TRANSITION HOME

Help and Hope for Families Society

Box 864
Watson Lake, Yukon Y0A 1C0
Wheelchair accessible

Contact

536-7233, collect calls accepted; 536-7770 (fax)
hhfs@northwestel.net

Hours

24 hours per day, 7 days per week
24-hour crisis line

SERVICES PROVIDED

This transition home in Watson Lake offers women and children emergency shelter in crisis situations and provides confidential and non-judgemental support in person or by phone 24 hours a day. Help and Hope is safe and respectful of women's choices, and provides support, referrals and advocacy.

A new second-stage housing facility for women and their children will be ready for residents in summer 2009.

There are no fees. Referrals are provided.

Confidentiality

Confidentiality is ensured. Staff are required to report cases of child abuse under the *Child Care Act* and the *Education Act*.

Are you a woman living in the Watson Lake area who needs help right now?

Call this confidential 24-hour hotline: 536-7233.

YOUTH ACHIEVEMENT CENTRE
(YAC)

Youth Justice
Family and Children's Services
Health and Social Services
Yukon Government
Box 2703 (501)
Whitehorse, Yukon Y1A 2C6

Location
501 Taylor Street
Whitehorse Y1A 1T7

Contact

667-3759, toll free in Yukon 1-800-661-0408, ext. 3759
667-3799 (fax)
yac@gov.yk.ca

How can I talk about substance abuse with my kids?

You'll find great tips about kids and alcohol, drugs and smoking in the webtips at the back of this directory.

SERVICES PROVIDED

The Youth Achievement Centre (YAC) offers a variety of programs for 12- to 17-year-old young people and youth-at-risk who may not be participating in school or are working full-time. Programs are offered during the day and early evening. All activities start and finish at the centre.

The following programs are offered on a quarterly basis but not all programs are offered each quarter. Contact YAC for current program information.

Let's Talk Drugs: Secondary prevention and education program exploring personal substance abuse issues and offering general information on drugs, and the difference between use, abuse and addiction. Consists of five 1.5 hour sessions.

Liquor Ticket Program: An alcohol-related educational program facilitated in partnership with Alcohol and Drug Services, which provides an opportunity for youth to examine realities and risks that alcohol creates in a young person's life. Consists of one two-hour group session.

Crime Cycle Awareness: Uses an educational approach to explain to participants the factors that contribute to anti-social and inappropriate behaviour. The information is then used by each youth to develop a personal relapse prevention plan. Each youth must finish making their own plan in order to complete the program.

CONTINUES ON NEXT PAGE

Anger management: Uses an educational treatment approach to train young people in skills needed to manage anger and other emotions associated with the occurrence of aggression and anti-social behaviour. The program involves ten 1.5-hour sessions. There is a pre-intake assessment for each participant.

Set in Motion: A self-esteem program.

Community support project: Helps youth complete community service hours and restitution, as assigned by the courts.

Recreation and fitness: Highlights the importance of fitness and nutrition in one's daily life. May include activities such as skiing, swimming, fitness training, hiking and biking.

Lunch and noontime drop-in: Provides lunch and access to various activities.

Woodworking: Offered as a co-ed day or after-school program. This offers a positive, structured environment for hands-on skill development. Work schedules are designed to fit the needs and abilities of individual participants, with time commitments from one half-day per week up to four days per week. This program works best for youth who are available to participate for at least six consecutive weeks.

Education outreach: This program is a collaborative effort between YAC and the Department of Education. Youth at YAC who are unable to attend school for various reasons may be interested in connecting with a teacher a few times a week or working towards a plan to reintegrate into school.

Arts Night: Explores a variety of mediums in a relaxed atmosphere.

Young Men's Sports: Focuses on attendance, participation, comprehension and fair play. Recreational activities include floor hockey, basketball, bowling, indoor soccer, movies, weight training and archery. Outdoor activities take place weather permitting.

Young Women's Group: Focuses on fun and participation, and providing a safe and supportive environment. Activities include movies, bowling, silk screening, candle-making, stained glass, games, and outdoor activities, weather permitting. Issues explored include abuse prevention, stress and frustration, self-awareness and feeling good about oneself, communication, exercise and nutrition.

Various summer camps: Offers female, male and co-ed camps.

Confidentiality

Confidentiality is a priority, however, social workers, childcare workers, teachers, physicians and nurses are required to report danger to children.

YOUTH HIGH RISK TREATMENT PROGRAM

Family and Children's Services
Health and Social Services
Yukon Government
Box 2703 (H-9)
Whitehorse, Yukon Y1A 2C6

Location
728 Range Road

Contact

667-3616, toll free in Yukon 1-800-661-0408, ext. 3616
393-6276 (fax)
cathy.deacon@gov.yk.ca

SERVICES PROVIDED

This program provides assessments and group, individual and family counselling to sexually abusive and violent youths (12 to 17 years of age) and their families. The social worker of the program will determine appropriate referrals to the program.

This service offers support for youth around drug abuse issues and referral to alcohol and drug agencies, where appropriate.

Confidentiality

Confidentiality is a priority, however, social workers, childcare workers, teachers, physicians and nurses are required to report danger to children.

How can I best influence my kids?

Spending time together can help develop a closer relationship and reduce teen drinking and smoking. For more tips on talking to your kids about drugs and alcohol, contact Prevention Services at Alcohol and Drug Services (see p. 2).

YOUTH OF TODAY SOCIETY

Blue Feather Youth Centre

Life Development Centre
2157 Second Avenue
Whitehorse, Yukon Y1A 1C6
Wheelchair accessible

Contact

633-9686, youth phone
633-9687, office phone
www.youthoftodaysociety.com
www.road2angels.com

Hours

Drop-in: 3 p.m. to 8 p.m., Monday to Friday
Office: noon to 8 p.m., Monday to Friday

SERVICES PROVIDED

The Youth of Today Society provides a safe, nurturing environment for youth at risk, assisting in their physical, emotional, mental and spiritual growth by offering the following programs:

Blue Feather Youth Centre: youth drop-in centre, feeding program, computers, internet access, pool and movie nights.

Health and Justice Services: youth advocate, court support worker and youth counsellor.

Alternative View: art and music workshops, youth art gallery and community building mural project.

Sign Monkey: arts and technology training and job creation program for graphic arts, sign-making and web design.

Youth between 15 and 23 years of age are encouraged to participate.

Supporting a friend or family member struggling with substance abuse?

Self-help groups like Alanon and Alateen (see p. 4) offer support from people who know what you're going through.

YOUTH PROBATION

Family and Children's Services
Health and Social Services
Yukon Government
Box 2703 (H-9A)
Whitehorse, Yukon Y1A 2C6

Location
305 Lambert Street
Whitehorse

Contact

667-3610, toll free in Yukon 1-800-661-0408, ext. 3610
667-3620 (fax)

SERVICES PROVIDED

Youth Probation provides support and supervision to youth and support to families, victims and the community through case management.

Clients are youth 12 to 17 years old on pre-charge and post-charge extra-judicial measures, probation, attendance sentences, intensive support and supervision, and custody and supervision orders, in accordance with the federally legislated *Youth Criminal Justice Act*.

Youth Probation coordinates a community Youth Justice Panel (YJP). This panel consists of representatives from the RCMP, federal crown, defence counsel, Victim Services, Council of Yukon First Nations, Department of Education, and other agencies involved in delivering diversion programs to youth.

The panel meets weekly to discuss cases before they go to court. Panel members explore appropriate services for youth and make recommendations to suitable extra-judicial measures programs in Whitehorse.

Youth Probation offers risk assessment and management. It also provides intensive support and supervision as an alternative to custody, for youth who are at high risk to re-offend.

Youth Probation can refer to other community resources.

Confidentiality

Confidentiality is a priority, however, social workers, childcare workers, teachers, physicians and nurses are required to report danger to children.

YUKON COLLEGE STUDENT SERVICES

Counselling services

Box 2799
Whitehorse, Yukon Y1A 5K4
Wheelchair accessible

Contact

668-8720, toll free in Yukon 1-800-661-0504
668-8723 (fax)
sscreception@yukoncollege.yk.ca
aneufeld@yukoncollege.yk.ca
www.yukoncollege.yk.ca/student_services

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday
Appointments are recommended; walk-ins will be seen if staff is available

Juggling college, family and other pressures while trying to reduce your use of alcohol or drugs?

Get support and information through student services at Yukon College.

SERVICES PROVIDED

Student Services provides personal counselling including therapeutic support with mental health illness issues, substance abuse issues, trauma and grief issues, and relationship and family issues.

Both full and part-time Yukon College students can access personal counselling services. There is no fee for this service.

Information provided on drugs and alcohol issues includes:

- the effects of drugs and alcohol on the body and brain
- personal, social, academic and professional impacts
- the psychological, social and physiological reasons why quitting or reducing use may be difficult
- strategies to approach either abstinence or harm reduction
- Student Wellness and Survival 101 Guide which are available on our website
- First Nations teachings related to the healing process.

Process

Our services are client-centred. We work with each student based on the individual's readiness to make changes or reduce harm.

Referrals or information about related community services can be provided.

Confidentiality

Services are completely confidential.

YUKON COMMUNICABLE DISEASE CONTROL

Health and Social Services
Yukon Government
Box 2703
Whitehorse, Yukon Y1A 2C6

Location
4 Hospital Road
Whitehorse Y1A 3H8

Contact

667-8323, toll free in Yukon 1-800-661-0408, ext. 8323
www.hss.gov.yk.ca/programs/health/ycdc

Hours

By appointment: 8:30 a.m. to 12 p.m., Monday to Friday
Drop-in clinic: 12:30 p.m. to 4 p.m., Monday to Friday

Are you concerned about HIV or Hepatitis infection?

The Yukon Communicable Disease Control clinic offers free testing and outreach.

SERVICES PROVIDED

Yukon Communicable Disease Control is dedicated to the prevention and control of infectious diseases throughout the Yukon. Yukon Communicable Disease Control works in collaboration with the medical officer of health, communicable disease officer, community health nurses and environmental health officers.

The program is responsible for:

- health promotion and prevention of reportable diseases
- disease surveillance
- consultation
- communicable disease education
- management and follow-up of communicable disease outbreaks.

Nurses employed at Yukon Communicable Disease Control work in a variety of areas including HIV and Hepatitis testing, a Hepatitis C treatment program, sexually transmitted infections (STI) clinics, outreach, TB control and disease surveillance.

Our outreach program includes the service of a registered nurse to provide harm reduction counselling and testing for sexually transmitted infections.

Our nurse provides service to Whitehorse Corrections, Fetal Alcohol Syndrome Society of Yukon, Blood Ties Four Directions Centre, Detox and the Young Offenders Facility.

YUKON HOUSING CORPORATION

Box 2703
Whitehorse, Yukon Y1A 2C6

Location
410H Jarvis Street, upstairs
Whitehorse
Wheelchair accessible

Contact

667-5759, toll free in Yukon 1-800-661-0408, ext. 5759
667-3664 (fax)
www.housing.yk.ca

Hours

8:30 a.m. to 5 p.m., Monday to Friday

SERVICES PROVIDED

Yukon Housing Corporation's social housing program is for individuals, families and seniors who cannot secure affordable, adequate and suitable housing on the private housing market. Social housing units are located in Whitehorse and in nine rural Yukon communities (see list at side).

Applicants must meet eligibility criteria.

Staff provides confidential advice and assistance to an applicant to help determine their eligibility based on their personal circumstances. Yukon Housing Corporation recognizes that some applicants have needs and situations that require priority consideration. We are sensitive to these needs and will make every effort to provide housing assistance for individuals and families in these situations.

Confidentiality

Information provided on an application for housing is confidential and is not released to other agencies.

COMMUNITY HOUSING OFFICES

Carcross
821-4281

Carmacks
863-6411

Dawson City
993-5478

Faro
994-3113

Haines Junction
634-2202

Mayo and Pelly Crossing
996-2358

Ross River
969-2347

Teslin
390-2024

Watson Lake
536-7304

Whitehorse
667-5712

YUKON LEGAL SERVICES SOCIETY

(Legal Aid)

Suite 203
2131 Second Avenue
Whitehorse, Yukon Y1A 1C3

Contact

667-5210, toll free in Yukon 1-800-661-0408, ext. 5210
667-8649 (fax)
administration@legalaid.yk.ca
www.legalaid.yk.ca

Hours

8:30 a.m. to 4:30 p.m., Monday to Friday

SERVICES PROVIDED

The Yukon Legal Services Society (Legal Aid) is a non-profit organization that may provide the services of a lawyer to any Yukon resident who cannot afford one.

Eligibility for legal aid is determined through an application interview with the legal aid intake coordinator.

Legal aid assistance in the Yukon is generally limited to criminal, family, wardship or mental health matters.

In communities outside of Whitehorse, courtworkers can assist people wishing to apply for legal aid.

Can't afford legal help?

Find out if you're eligible for legal aid through this office.

YUKON PUBLIC LEGAL EDUCATION ASSOCIATION *(YPLEA)*

J-FLIC, first floor, Courthouse
Andrew A. Phillipsen
Law Centre
2134 Second Avenue
Whitehorse, Yukon Y1A 5H6
Wheelchair accessible

Contact

Law Line, 668-5297 (668-LAWS),
toll free in Yukon 1-866-667-4305
668-5541 (fax)
yplea@yukoncollege.yk.ca
www.yplea.com

Hours

8:30 a.m. to 4:30 p.m., Monday, Wednesday, Thursday, Friday
(closed for lunch, noon to 1 p.m.)
8:30 a.m. to 12 p.m., Tuesday

SERVICES PROVIDED

Want more information on the law?

YPLEA provides public information upon request.

The purpose of the Yukon Public Legal Education Association is to provide information about the law to the public. It does not give legal advice. Upon request, the association puts on public workshops, lectures and media series on law-related topics.

Law Line
This free telephone service provides Yukoners with information about the law and legal system.

Confidentiality
The service is confidential. It is not necessary to give a name when using the Law Line.

Appendix 1: Small changes can make a difference

Drug-free

- Get treatment and support as you withdraw from drugs.
- Get medical help for any health issues as a result of drug use and for quitting.
- Consider using harm reduction supplies or alternative medications.
- Consider the feelings that trigger your drug use and talk about them with a sponsor through Narcotics Anonymous, counsellor or peer support.
- If you slip, start again and get support as you try again.
- Choose healthier activities and supportive people.
- Think about the positive reasons to quit.

Source: Summary of information found on websites listed in Appendix 2

Alcohol-free

- Find a program or self-help group that offers support.
- Get medical help for any health issues as a result of alcohol use.
- Think about your reasons for drinking and quitting.
- Talk to someone who's been through this experience, such as an AA sponsor or other peer support.
- Talk to friends and family members who support your efforts to change.
- Get back on track if you slip.
- Find positive activities to get involved in. Seek out alcohol-free events in your community.

Source: Summary of information found on websites listed in Appendix 2

Smoke-free

- Make a list of reasons why you want to quit.
- Keep track of what causes the urge to smoke.
- Consider medications to help you stop smoking.
- Practice "mini-quits" by taking a longer break between cigarettes or not having as many.
- Pick a quit date.
- Reward yourself along the way.
- Deal with slips constructively — get back on track.
- If you return to smoking, try not to feel bad about it. Pick another quit date, start fresh, review your plan, and go for it!

Source: Health Promotion, Yukon government

Appendix 2: Webtips on smoking, alcohol and drugs

INFORMATION TO GET YOU STARTED

Alcohol and Drug Services offers a complete list of services, steps to apply to programs and contact information to get you started.
www.hss.gov.yk.ca/programs/alcohol_drugs/

If you'd like to learn more about a variety of substance abuse issues, download the training calendar from **Alcohol and Drugs Services**. Public education is also available for parents and the community through Prevention Services.
www.hss.gov.yk.ca/programs/alcohol_drugs/training/

Alberta Alcohol and Drug Abuse Commission includes information on alcohol, drugs and tobacco for adults, youth and keeping kids drug-free.
www.aadac.com or www.aadac.com/21.asp

Canadian Centre on Substance Abuse has an extensive database that can help you find treatment in your area, or books and online information on FASD, Hepatitis C and other topics. Just type in the subject you're interested in.
www.ccsa.ca

Centre for Addiction and Mental Health (CAMH), Low-Risk Drinking Guidelines includes the amounts of alcohol in beer, wine and spirits and suggestions for responsible drinking and abstinence where health-related problems exist.
www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/low_risk_drinking_guidelines.html

CAMH also has a personalized alcohol use feedback form to help you decide if you have a problem. This is a confidential, anonymous survey for you to fill out online.
http://notes.camh.net/efeed.nsf/feedback

The online **Yukon HealthGuide** provides information on health topics and tools, including how to identify if you have a problem with alcohol and drug use.
http://www.ykhealthguide.org/

Alcoholics Anonymous is a self-help group based on men and women sharing their experiences with getting sober. Find a meeting near you on this website.
www.bcyukonaa.org/meeting/meeting.html

There are also self-help groups for friends, family and children of alcoholics to provide them with support and understanding of this challenge. **Alanon** and **Alateen** are for families, friends and youth.
www.bcyukon-al-anon.org/

Learn more about the **Yukon Substance Abuse Action Plan** including information on specific drug issues and result of the 2005 survey.
www.substanceabuse.gov.yk.ca/

Canadian Survey on Substance Abuse is available at Health Canada.
www.hc-sc.gc.ca/hl-vs/pubs/adp-apd/cas-etc/gender-sexe/index-eng.php

This **Health Canada** website includes a report with an overview of youth substance abuse.
www.hc-sc.gc.ca/hl-vs/pubs/adp-apd/cas-etc/youth-jeunes/

CONTINUES ON NEXT PAGE

HELP FOR YOUTH, PARENTS AND TEACHERS

Alberta Alcohol and Drug Abuse Commission offers easy-to-understand information for kids on alcohol, drugs and smoking in "My Room." Online games help kids learn the facts. There is encouragement to face fears and express feelings, and a chance to post art and poetry via email.
www.aadac4kids.com/

The **Yukon government**'s public awareness education campaign offers information in two separate sections for youth and parents in an effort to delay the use of alcohol.
www.hss.gov.yk.ca/stoppushing

National Institute on Drug Abuse offers information for teens. The website includes real stories shared by teens who have struggled with addiction, "brain games" testing knowledge on topics like HIV/AIDS, marijuana and the effects of drugs on the body, facts and some fun downloads. A special section offers tips and tools for parents and teachers.
www.teens.drugabuse.gov

Canadian Public Health Association provides the facts on drinking to help youth make responsible choices for their lives. The website includes videos of typical experiences, quizzes, an alcopedia of drinking-related terms, and a Q&A section to help with your questions.
www.drinkingfacts.ca

Party Tips tells youth they don't need to drink to have a good time, and sensible strategies to avoid drinking too much if they're 19 and of legal age.
www.ylc.yk.ca/pdf/party_tips.pdf

For Yukon youth, learn about leadership training and other youth programs to help build self-esteem and healthier lives.
www.eco.gov.yk.ca/youthdirectorate/index.html

Reality Rules! deals with mental health issues which may be underlying youth problems.
www.hss.gov.yk.ca/realityrules/

Drug Enforcement Agency offers street-smart prevention and talks about the consequences of drug and alcohol use.
www.justthinktwice.com

MADD Canada presents facts about drinking and driving for youth including current Canadian statistics.
http://www.madd.ca/english/youth/stats.html

Above the Influence offers interactive quizzes, educational facts on drugs and alcohol, podcasts, and the opportunity to share your experience through stories and photos.
www.abovetheinfluence.com

National Anti-Drug Strategy includes drug prevention information for parents.
www.nationalantidrugstrategy.gc.ca

Be the Influence offers tips to talk about drinking with kids of any age.
www.betheinfluence.org

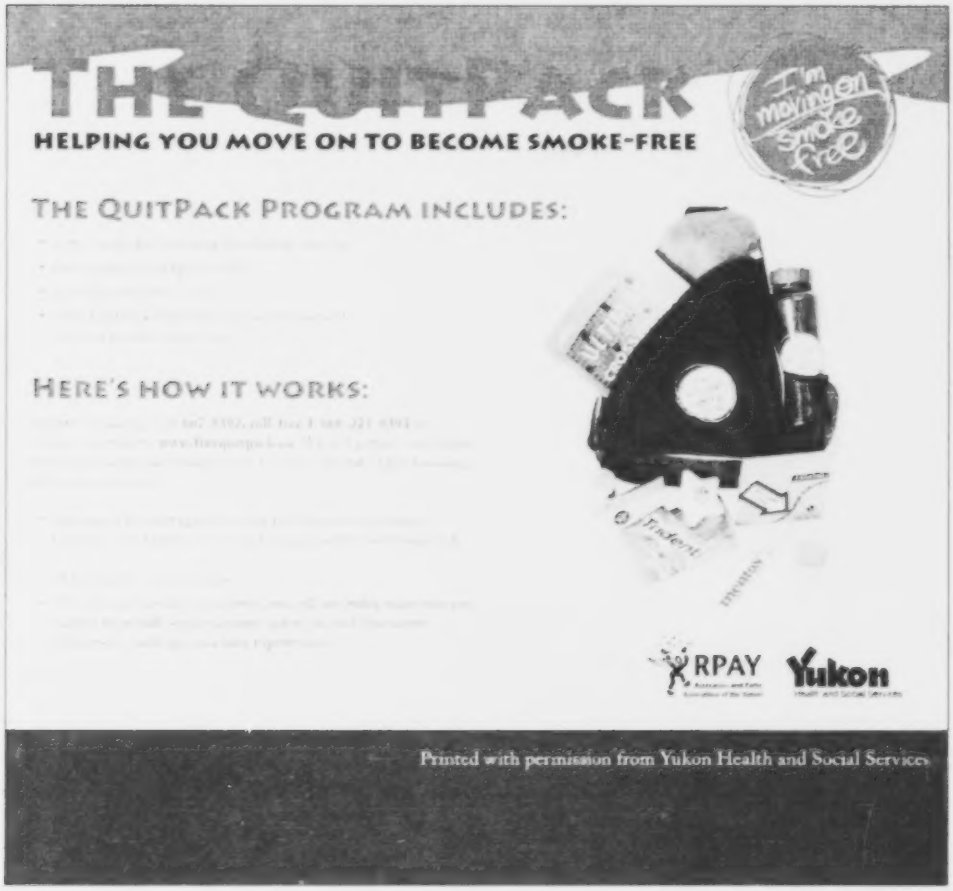
Parents Empowered offers prevention skills, activities and resources for parents to help prevent underage drinking.
www.parentsempowered.org

SMOKING

Smoke Free Options includes an information session, supportive telephone calls, a monthly newsletter and a QuitPack with helpful tools.
www.freequitpack.ca

Health Promotion offers more information on quitting smoking.
www.hss.gov.yk.ca/programs/health_promotion/tobacco/

Learn more about the new *Smoke-Free Places Act*, including most public places in Whitehorse and private vehicles carrying children, from this **Yukon government** website.
www.hss.gov.yk.ca/programs/health_promotion/smokefree_places_act/


THE QUITPACK
I'm moving on smoke free
HELPING YOU MOVE ON TO BECOME SMOKE-FREE
THE QUITPACK PROGRAM INCLUDES:
HERE'S HOW IT WORKS:
RPAY
Yukon
Printed with permission from Yukon Health and Social Services

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